

The best thing caregivers can do for their loved one is to take care of themselves!

Caregivers tend to put their own needs on the back burner — but if you're not healthy you can't provide assistance to another.

- ◆ When did you last have a medical check-up?
- ◆ When did you last engage in a fun, favorite activity?
- ◆ When did you last get together with friends or family for some fun?
- ◆ When did you last sleep all night?

It's okay and important to take care of yourself!

Contact the Caregiver Support
Program at 704-432-1111
or E-mail us at:

Caregiver@MecklenburgCountyNC.gov

We can help!

FAMILY CAREGIVER SUPPORT PROGRAMS IN SURROUNDING COUNTIES

Centralina Area Agency on Aging
704-372-2416

Anson County Council on Aging
704-694-6217 or 704-694-6616

Cabarrus County Dept. of Aging
704-920-3484

Council on Aging in Union County
704-289-1797

Gaston County Dept. of Social Services
704-862-7540

Iredell County Council on Aging
704-873-5171

Lincoln County Senior Services
704-736-8410

Rowan County Senior Services
704-216-7700

Stanly County Senior Services
704-986-3769

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Family Caregiver Support Program



MECKLENBURG COUNTY
Department of Social Services
People • Pride • Progress • Partnerships
Services For Adults Division

Helping
CAREGIVERS
find the
ANSWERS

Telephone: 704-432-1111

E-mail: Caregiver@MecklenburgCountyNC.gov

Web sites: MecklenburgCountyNC.gov

or www.just1call.org

ARE YOU A CAREGIVER?

At anytime in our life, many of us can be involved in caregiving. As our parents age, they may need help with shopping, going to the doctor, paying bills, meal preparation or supervision. How will you manage and continue to work?

A spouse may develop a major health problem and need help with daily activities such as eating, bathing, dressing, and walking. You may not be able to leave your spouse alone. How do you get to the grocery store, go to the bank, keep your doctor appointments?

Other caregivers may find themselves helping with the care of grandchildren. There will be meetings at school, activities, or special health care needs to manage. If you needed help, do you know who to call?

**Your local
Family Caregiver Specialist
can answer these questions.**

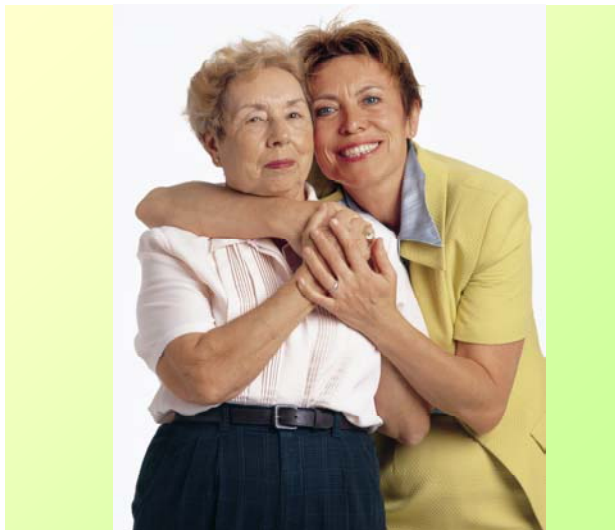
CARE

giving

WHAT HELP IS AVAILABLE?

The first step for many caregivers is to find answers to their questions. The Family Caregiver Specialist in your local community can provide:

- ◆ Individual information, referrals, and case assistance to help you with specific caregiving needs.
- ◆ Connections with the services you need and also coordination of services.
- ◆ Group information and training programs or individual counseling on various topics.



Status of Seniors Initiative
Senior-Friendly
Mecklenburg

CAREGIVER SERVICES

Check with the Department of Social Services for these services that may be available:

- ◆ Home-Delivered Meals
- ◆ Nutritional Supplements
- ◆ Special Transportation
- ◆ Adult Day Care
- ◆ Institutional Respite Care
- ◆ In-Home Respite Care
- ◆ Chore Service
- ◆ Home Safety and Modification
- ◆ Emergency Response System
- ◆ Incontinent Supplies
- ◆ Others as approved

MORE CAREGIVER RESOURCES

Alzheimer's Association
1-800-888-6671
www.alz-nc.org

Duke Family Support
1-800-672-4213

Full Circle of Care
www.fullcirclecare.org

Caregiver Stress
www.caregiverstress.com

Just1Call
704-432-1111
www.just1call.org